

## Frequently Asked Questions for Industry on Nutrition Facts Labeling Requirements

The following is one of the FAQs for industry the FDA has related to recent changes to the Nutrition Facts label.

For more FAQs, visit [Industry FAQs on the Changes to the Nutrition Facts Label](#).

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### **Is the format changing for the Supplement Facts Label? How big should the calorie declaration be for the Supplement Facts label?**

The format of the Supplement Facts label is not changing substantially. Similar to the Nutrition Facts label, we will no longer require vitamin A, vitamin C, or calories from fat to be declared as (b)(2) dietary ingredients, and instead we will require vitamin D, potassium, and added sugars to be declared. In addition, we have replaced “sugars” with “total sugars” in the list of (b)(2) dietary ingredients, and we have made several changes in the order in which vitamins and minerals are listed (for example, when declared, choline must follow potassium on the label and fluoride must be at the end of the list of nutrients), as described on page 33933 of the final rule (§ 101.36(b)(2)(i)(B)). Furthermore, we have updated the Daily Values based on recent science, and we are updating the units of measures. We also are requiring a footnote for labels for certain products represented or purported to be for use by children 1 through 3 years of age as shown in § 101.36(e)(11)(ii) (Please see Section P beginning on page 33932 of the final rule <https://www.gpo.gov/fdsys/pkg/FR-2016-05-27/pdf/2016-11867.pdf>).

The calorie declaration on the Supplement Facts label does not need to be as prominent as on the Nutrition Facts label because many dietary supplements do not contribute a significant amount of calories to the diet. Therefore, as we state on page 33939 of the final rule, we are not requiring that information about calories be displayed in a larger type size or be highlighted in bold type or extra bold on any Supplement Facts label. In a future technical amendment, we will correct the error in the codified section of the final rule (§ 101.36(e)), which states that a font size at least two points greater [than 8 point] shall be used for “Calories” and the heading “Calories” and the actual number of calories per serving shall be highlighted in bold or extra bold type.

The following are High-Resolution Examples of Different Supplement Facts Labels in the New Format (for reference only).

(ii) Multiple vitamins for children and adults (excludes Servings Per Container which is stated in the net quantity of contents declaration)

Supplement Facts			
Serving Size 1 Tablet			
Amount Per Serving		% Daily Value for Children 1 through 3 Years of Age	% Daily Value for Adults and Children 4 or more Years of Age
Calories	5		
Total Carbohydrate	1 g	<1%**	<1%*
Total Sugars	1 g	†	†
Includes 1g Added Sugars		4%**	2%*
Vitamin A (50% as beta-carotene)	450 mcg	150%	50%
Vitamin C	60 mg	400%	67%
Vitamin D	20 mcg	133%	100%
Vitamin E	8 mg	133%	53%
Thiamin	0.9 mg	180%	75%
Riboflavin	0.9 mg	180%	69%
Niacin	11.2 mg	187%	70%
Vitamin B <sub>6</sub>	0.9 mg	180%	53%
Folate	300 mcg DFE (180 mcg folic acid)	200%	75%
Vitamin B <sub>12</sub>	2.0 mcg	222%	83%
* Percent Daily Values are based on a 2,000 calorie diet.			
** Percent Daily Values are based on a 1,000 calorie diet.			
† Daily Value not established.			

Other ingredients: Sucrose, sodium ascorbate, gelatin, maltodextrin, dl-alpha tocopheryl acetate, niacinamide, magnesium stearate, Yellow 6, artificial colors, stearic acid, palmitic acid, artificial flavors, pyridoxine hydrochloride, thiamin mononitrate, vitamin A acetate, cholecalciferol, and cyanocobalamin.

(iv) Dietary supplement containing dietary ingredient with and without RDIs and DRVs

Supplement Facts	
Serving Size 1 Capsule	
Servings Per Container 100	
Amount Per Capsule	% Daily Value
Calories 20	
Total Fat 2 g	3%*
Saturated Fat 0.5 g	3%*
<i>Trans</i> Fat 0 g	†
Polyunsaturated Fat 1 g	†
Monounsaturated Fat 0.5 g	†
Vitamin A 765 mcg	85%
Vitamin D 21 mcg	105%
Omega-3 fatty acids 0.5 g	†
* Percent Daily Values are based on a 2,000 calorie diet.	
† Daily Value not established.	

Ingredients: Cod liver oil, gelatin, water, and glycerin.

(v) A proprietary blend of dietary ingredients

Supplement Facts		
Serving Size 1 tsp (3g) (makes 8 fl oz prepared)		
Servings Per Container 24		
	Amount Per Teaspoon	% Daily Value
Calories	10	
Total Carbohydrate	2 g	<1%*
Total Sugars	2 g	†
Includes 2g Added Sugars		4%*
Proprietary Blend	0.7 g	
German Chamomile (flower)		†
Hyssop (leaf)		†
* Percent Daily Values are based on a 2,000 calorie diet.		
† Daily Value not established.		

Other ingredients: Fructose, lactose, starch, and stearic acid.

(12) Split display

# Supplement Facts

Serving Size 1 Packet  
Servings Per Container 10

Amount Per Packet			Amount Per Packet		
% Daily Value			% Daily Value		
Vitamin A (from cod liver oil)	900 mcg	100%	Zinc (as zinc oxide)	11 mg	100%
Vitamin C (as ascorbic acid)	250 mg	278%	Selenium (as sodium selenate)	25 mcg	45%
Vitamin D (as ergocalciferol)	20 mcg	100%	Copper (as cupric oxide)	0.5 mg	56%
Vitamin E (as dl-alpha tocopherol)	75 mg	500%	Manganese (as manganese sulfate)	5 mg	217%
Thiamin (as thiamin mononitrate)	60 mg	5000%	Chromium (as chromium chloride)	50 mcg	143%
Riboflavin	60 mg	4615%	Molybdenum (as sodium molybdate)	50 mcg	111%
Niacin (as niacinamide)	60 mg	375%	Potassium (as potassium chloride)	10 mg	<1%
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride)	60 mg	3529%	Choline (as choline chloride)	100 mg	18%
Folate	400 mcg DFE	100%			
	(240 mcg folic acid)		Betaine (as betaine hydrochloride)	25 mg	*
Vitamin B <sub>12</sub> (as cyanocobalamin)	100 mcg	4167%	Glutamic Acid (as L-glutamic acid)	25 mg	*
Biotin	100 mcg	333%	Inositol (as inositol monophosphate)	75 mg	*
Pantothenic Acid (as calcium pantothenate)	60 mg	1200%	<i>para</i> -Aminobenzoic acid	30 mg	*
Calcium (from oystershell)	130 mg	10%	Deoxyribonucleic acid	50 mg	*
Iron (as ferrous fumarate)	10 mg	56%	Boron	500 mcg	*
Iodine (from kelp)	150 mcg	100%			
Magnesium (as magnesium oxide)	63 mg	15%			

Other ingredients: Cellulose, stearic acid, and silica.

\* Daily Value not established.